

MENTAL HEALTH SERVICES UPDATE



All Together Better
Sunderland

Edition 3, April 2021

Useful Crisis telephone numbers for Mental Health:

Children & YP: 0191 566 5500
or freephone 0800 652 2868

Adults: 0303 123 1145
or freephone 0800 652 2867

Text phone for deaf/
hard of hearing:
07889 036 280

Samaritans: 0330 094 5717

CONSULTANT CONNECT:

Use this for Urgent and Non-Urgent Adult psychiatric advice
Each Practice has its own unique telephone number

The Consultant Connect app is proving very useful to clinicians



To add information to the next newsletter email
June.pace@nhs.net



COMMUNITY MENTAL HEALTH TRANSFORMATION (CMHT)

We were informed at the beginning of the month the ICS community transformation funding bid was successful. This will enable Sunderland to draw down a fair share once clarity is received from the national team in relation to overall NHS funding regime and processes. This will help the CMHT Group plan the future programme of activity including the co-design of new delivery models including service users.

To prepare for more detailed co-design, the CMHT Group, has begun to learn more about those services that are in the scope of the programme including Eating Disorder services, Early Intervention in Psychosis and Individual Placement (inc. Employment) Support. Moving forward, we will be seeking colleagues to join task and finish reviews. Watch this space for more formal invitations.

Paul Clitheroe

MENTAL HEALTH CHAMPIONS

It is reported that the training is progressing well and practices are reporting that the Mental Health First Aid and Life Worth Living courses have been beneficial. Insight into the IAPT services to be rolled out in May 2021 to Champions look out for training dates for May.

June Pace

MENTAL HEALTH STRATEGY

Over the last few months, Sunderland CCG have spoken to over 1,000 people, including members of the public, current and past service users and carers, staff working within mental health services, large employers in the City, Voluntary and Community Sector Organisations (VCSOs) and other key stakeholders.

We've pulled together all the information people have told us into a draft results report, which can be found by going to: <https://www.sunderlandccg.nhs.uk/get-involved/adult-mental-health-strategy-for-nhs-sunderland-ccg/> You can let us know if you have any comments on this draft report, any questions about any of the content, or if we're missing anything. Please find time to share your thoughts by Thursday 1 April 2021.

Lisa Forster



WHO'S WHO?



Lisa Forster
CCG Contract
Manager – Mental
Health Services



June Pace
Practice Manager
Lead



Hazel Taylor
Clinical Director
Lead



Johannes Dalhujsen
CCG Lead GP



Saira Malik
CCG GP Executive



Uma Rupp
Geethanath
CNTW Medical
Director



Anthony Deery
CNTW Nurse
Director



Heather Blackburn
Community Clinical
Manager - IAPT
Services

SELF – CARE

<http://www.wellbeinginfo.org>

WOMEN'S HEALTH

A focus group has been established to look at resources available to women who are peri-menopausal or post- menopausal to be able to Self-Care and to know when to contact clinician. Updates to follow.

June Pace/Rachel McDonald

TALKING THERAPIES

IAPT Therapy can be accessed by patient self-referring. The Social Prescribing Team work closely with the IAPT team and refer patients onwards as needed.

Please consider talking therapies as an alternative to anti-depressant prescribing – the cost of anti-depressant prescribing across the city is very high!

IAPT THERAPY	WAITING TIME
CPN	4 weeks
High Intensity	8 weeks
Low Intensity	3 weeks

FOUNDATION OF LIGHT OFFER – OVER 55s

ETH Activity Bags available for over 55s in Sunderland. They contain cards and equipment to keep people active during these COVID times. Cut and paste this link into google to find out more.

<https://www.youtube.com/watch?v=VyIFHP5ae18>

Contact: Liz.Barton-Jones@foundationoflight.co.uk

SMI REGISTERS: PHYSICAL HEALTH CHECKS – YEAR END TARGET

Practice Managers have been working with their teams/PCNs to hit the 60% as best they can. Some are predicting achievement of 60%+. It was a late start for this piece of work and there will be some learning points for all from this project to take forward into 2021-22.

June Pace



Toby Sweet
Sunderland
Counselling
Services



Dot Gardiner
Sunderland
MIND



Jackie Reeves
Washington
MIND



Linda Reiling
CCG Commissioning
Manager Learning
Disabilities and
Autism Services



Daisy Barnetson
CCG/TFC
Commissioning
Manager for Children's
Mental Health Services



Kimm Lawson
CCG/TFC Integration
for Children's Services
Commissioning Lead



David Newell
Business Manager
Mental Health
Services, ST&SFT

Online Suicide Prevention Training Sunderland

17th May 2021-9.15am – 1.30pm

Aims: Both nationally and regionally we are challenged with preventing suicide. By training our community we can tackle the stigma associated with suicide and reach many more people and their families. This half day training course focuses upon a community approach to suicide prevention and intervention.

This training is funded by Sunderland City Council and places are limited to those working, studying and/or residing in Sunderland.

Objectives:

- Challenge the myths and stigma surrounding suicide
- Spot the warning signs that someone may be having thoughts of suicide
- Have a supportive conversation with confidence using the LIFE model
- Signpost to further support
- Look after your own wellbeing

Upon completion of the training workshop delegates will have developed competencies in the areas of skills, knowledge and attitudes associated with suicide prevention

There are many myths about suicide, get the factsattend the training. Due to the subject of this training it is not recommended for those who have recently been bereaved and for some who may be experiencing suicidal thoughts.

To book your place on this course, please complete our electronic booking form at
<https://washingtonmind.org.uk/booking-our-training/>

You will need to download the most recent version of Zoom '5' to your device and check your camera and microphone are working before the course. To prevent any delays you must log into the zoom room at 9am.

We are a member of the CPD standards office
this activity equates to 4hrs CPD.
Washington Mind will contact you with any relevant changes prior to the training.

POSTNATAL SUPPORT GROUP

Had a bad birthing experience that has stuck with you?
Feeling down or anxious after the birth of your baby?
Struggling with Postnatal Depression or Postnatal OCD?

Come and join our Postnatal Support Group!

Every Wednesday
11:00am—12.30pm

Sunderland Mind Wellbeing Hub
SR1 2BB

For more information or to book your place, please contact **Emily** on **07508534240, 0191 565 7218** or **emily.blyth@sunderlandmind.co.uk**

CHILDREN'S SERVICES TRANSFORMATION

Commissioners are working with providers to reduce the ASD waiting times for a diagnosis through a waiting times initiative. Alongside this a new neurodevelopmental pathway is being designed taking an MDT approach.

Starting in mid-April we will conduct a series of participation and engagements events with CYP, parents/carers and professionals to gain their views on the current services and how future services will be developed.

Across the ICS we have been successful with a bid to be an early adopter for the Community Keyworker for CYP with learning disabilities and/or autism. The focus for this work will be to keep CYP out of inpatient facilities. Sunderland will have a family support worker as part of this bid to enable work to take place with families and provide support.

Kimm Lawson



Rachel McDonald
CCG Prevention & Self-Care, Maternity Commissioning Manager



Paul Clitheroe
ATB Programme Manager, Programme 2

Contact us

If you have any concern or feedback, good or bad, regarding Adult or Children's Mental Health Services contact:-
June Pace

june.pace@nhs.net

Hazel Taylor

Hazel.taylor9@nhs.net

PLEASE SIRMS REPORT ANYTHING THAT YOU THINK WILL RESULT IN ANY LEARNING FOR CNTW AND PRIMARY CARE. THANK YOU

EDUCATION TOPIC:

YOUNG CARERS SUPPORT AVAILABLE FROM SUNDERLAND CARERS CENTRE

<p>Zoom Chats</p> <p>We are running fortnightly Zoom chats to give young people the opportunity to have fun, catch up with other Young Carers and let us know how we can best support them.</p> <p>Feel free to drop-in to our informal fortnightly sessions. Contact us for log-in details and times.</p> <p>For advice on setting up, check out our Zoom user guide.</p>	<p>School Support</p> <p>Engaging with schools to help them better support Young Carers within the school setting. This might mean making school aware the young person has a caring role and exploring how the school can support the young person or if there is already support in place in school that the young person can access.</p> <p>For young people in Secondary school, this might be achieved via the Young Carers in school card.</p>
<p>Creative Minds</p> <p>We are working with Creative Minds – North Star Counselling to offer 1-1 counselling and focussed group support. To access this service, please ring and let us know and we will make the referral.</p> <p>Details of focussed group support and how to participate will be sent via text message before each group session. Our first group will focus on Covid-19 anxiety and developing coping strategies and will be facilitated via private Facebook group.</p>	<p>Kooth</p> <p>We are now working in partnership with Kooth to provide online mental wellbeing support. Kooth is a great online resource for young people seeking advice and counselling. For more info visit https://www.kooth.com/</p>
<p>Mind of My Own</p> <p>We are working in collaboration with Mind of My own to offer young people the opportunity to have their voices heard and share their thoughts and feelings with workers using an easy to use, secure app. To find out more, please check out https://mindofmyown.org.uk/demo/</p> <p>For a step by step on how to sign up, please see https://vimeo.com/400294861</p>	<p>1-1 Support</p> <p>We're offering 1-1 support over the telephone or via Zoom. If you feel your child would benefit from having someone to talk to, please get in touch and we can arrange support.</p>

The Young Carers team understand that this is an intense time and although we are not offering face to face groups as such, we would like you to know that we are still available over our social media platforms as well as the support which is listed above.

Health and care partners working together.

Sunderland Care and Support (SCAS) // Sunderland City Council // Sunderland Clinical Commissioning Group (CCG) // Sunderland General Practice Alliance (SGPA) // South Tyneside and Sunderland NHS Foundation Trust (STSFT) // Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (NTW) // All other providers and voluntary sector organisations currently commissioned by Sunderland Clinical Commissioning Group